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A LOT OF THINGS WENT DOWN

Five burning questions from this week's 'Game of Thrones.' 26



New tight end Rhett Ellison has a lot on his plate ahead of 2017 season. 32

Six last-minute strategies to pay for college. 18-19

LATE TO THE PARTY

President Trump's late arrival into NYC on Monday night came on the heels of his delayed response to the Charlottesville violence that has the country outraged. 4

RESIST

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MICHAEL MARTIN

From Trump's Twitter account to official White House statements, the Trump administration seems to have a problem catching misspellings. Find out more at metro.us/president-trump

TRUMP FINALLY CALLS HATE GROUPS CRIMINALS

President Donald Trump denounced neo-Nazis and the Ku Klux Klan as criminals and thugs on Monday, bowing to mounting political pressure to condemn such groups explicitly after a white-nationalist rally turned deadly in Virginia. Trump had been assailed from across the political spectrum for failing to respond more forcefully to the violence. The head of one of the world's biggest drug companies

quit a presidential business panel as a result, saying he was taking a stand against intolerance and extremism. Critics slammed Trump for waiting too long to address Saturday's violence in Charlottesville and for initially saying that "many sides" were involved, instead of singling out the white supremacists widely seen as sparking the melee. Several senators from his own Republican party had harsh words for him.

SWIFT JUSTICE, TAYLOR WINS GROPING TRIAL

Taylor Swift won a federal court trial, with the jury awarding her the symbolic \$1 she had sought from a Colorado DJ she accused of grabbing her bare bottom during a photo shoot. The eight-member U.S. District Court jury found that radio personality David Mueller had assaulted and battered her during the "meet-and-greet" photo session. The same panel,



which deliberated for less than a day, rejected Mueller's claims that the singer's team got him fired from his "dream job" at his radio station by making false groping accusations. The 27-year-old singer's attorney, Douglas Baldrige, said during his closing remarks in the case that his client was asking only \$1 in damages because she had no desire to bankrupt the DJ, only to send a message.



5
THINGS YOU
NEED TO KNOW

SUBWAY SERIES

3 Aaron Hicks of the New York Yankees beats the tag from Rene Rivera of the New York Mets to score a run in the fourth inning at Yankee Stadium on Monday night in the Bronx. The Yankees defeated the Mets, 4-2.

GETTY IMAGES

MAN ARRESTED IN PLOT TO BOMB OKLA. BUILDING

4 An Oklahoma man has been arrested by the FBI on charges that he tried to blow up an Oklahoma City bank building with a van he thought was packed with explosives, U.S. prosecutors said. The Federal Bureau of Investigation arrested Jerry Drake Varnell, 23, of Sayre, Oklahoma, on Saturday. According to a complaint, Varnell had initially planned to bomb



the U.S. Federal Reserve in Washington, D.C., in a manner similar to the 1995 explosion at a federal building in Oklahoma City that killed 168 people. "This arrest is the culmination of a long-term domestic terrorism investigation involving an undercover operation, during which Varnell had been monitored closely for months as the alleged bomb plot developed," federal prosecutors said in a statement.

NEO-NAZI SITE CANCELED BY GODADDY THEN GOOGLE

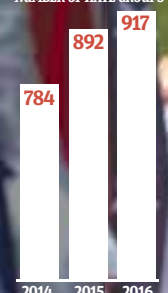
5 Neo-Nazi website the Daily Stormer had its domain in less than 24 hours, in moves that threatened to take it offline if it does not find a replacement for GoDaddy and Google, which both said the site had violated their terms of service. GoDaddy Inc. disclosed late on Sunday via Twitter that it had given The Daily Stormer 24 hours to move its domain to another provider, saying

it had violated GoDaddy's terms of service. The white supremacist website, associated with the alt-right movement, helped organize the weekend rally in Charlottesville, Virginia, that turned violent. GoDaddy feared the site might be used to incite further violence after the events in Charlottesville, including the death of Heather Heyer, who was fatally struck by a car allegedly driven by a man with white nationalist views.

FAST FACT

The Southern Poverty Law Center (SPLC) has documented a rise in the number of hate groups in The United States. The rise in the past two years is due in part to a presidential campaign that flirted heavily with extremist ideas, according to the SPLC.

NUMBER OF HATE GROUPS



Source: Southern Poverty Law Center



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Anti-Trump protesters in NYC: How the city let its voice be heard

New Yorkers took to the streets for several anti-Trump protests that took place on Monday.



ERIN TIERNAN
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As President Donald Trump returned to Trump Tower on Monday for the first time since Inauguration Day, he was greeted by thousands of protesters, angered by his refusal to denounce white supremacy and neo-Nazi movements in the wake of deadly protests in Charlottesville, Virginia.

As many as 16,000 protesters lined Fifth Avenue for Trump's return, according to a Facebook event, impassioned by the president's vague remarks after a 32-year-old

woman was killed and 20 others injured when a demonstrator marching with the "Unite the Right" rally plowed his car into a group of anti-racist counterprotesters on Saturday, bringing tragedy to a weekend of racially-motivated violence in Charlottesville.

Rather than condemn the hatred and violence, Trump denounced "violence on many sides."

Trump's indecisive remarks earned him harsh criticism from the media and the public, and on Monday afternoon, he stopped by the White House for a brief news conference to clarify his comments, finally condemning the hate groups who incited the violence.

"Racism is evil — and those who cause violence in its name are criminals and thugs, including KKK,

neo-Nazis, white supremacists, and other hate groups are repugnant to everything we hold dear as Americans," Trump said, reading from prepared remarks.

Trump, who was in the midst of a 17-day vacation at his Bedminster, New Jersey, golf resort, was expected in New York much earlier Monday, but he made the last-minute White House detour.

Protesters were lining Fifth Avenue by mid-afternoon, carrying signs with slogans such as "Resist" and "Violence Is Not from 'Many Sides.'"

Here's how NYC protesters spoke up.

Trump Rat: A 15-foot tall "Trump Rat" was at the intersection of Fifth Avenue and Central Park South. The rat, complete with a yellow comb-over and confederate flag cuff links, resembled Trump.



Protesters gathered on Fifth Avenue on Monday as President Donald Trump prepared to return to New York City for the first time since his inauguration. GETTY IMAGES

Protest **Donald Trump Rally:** Protesters met at 54th and Fifth Avenue, near Trump Tower, for a nonviolent protest starting at 5:30 p.m.

Funeral Procession: A coalition of activists organized a "funeral procession" to welcome Trump outside of Trump Tower from 5 to 8

p.m. Participants were encouraged to wear black and to "bring candles, pictures and symbols of the people, beings and things Trump is killing."



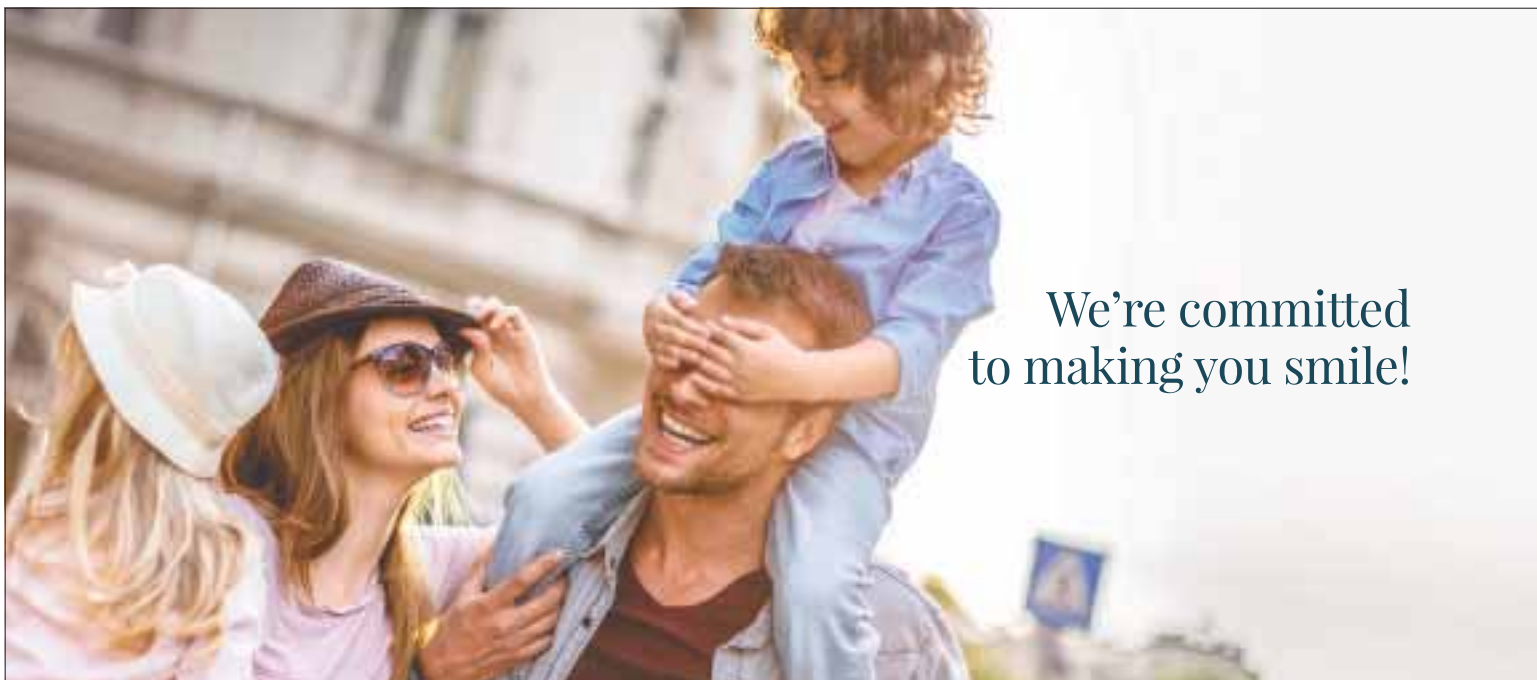
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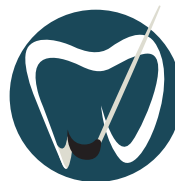
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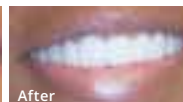
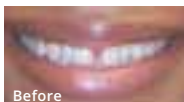
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Some GOP politicians trying to shield drivers who hit protesters

Several states have taken up measures so far this year.

MICHAEL MARTIN
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Last weekend in Charlottesville, Virginia, a 32-year-old woman was killed and 19 wounded when James Field, an avowed neo-Nazi, plowed his car into a crowd protesting a

white supremacist rally. Just as President Donald Trump shielded white nationalists from specific criticism in his initial remarks about the event, six Republican lawmakers in various states are

trying to protect drivers who hit protesters with their cars, ThinkProgress reports.

In January, two Republican lawmakers in North Dakota introduced a bill that would

protect motorists who hit protesters blocking traffic, as long as it was unintentional. State Rep. Keith Kempenich claimed he introduced the legislation after his mother was swarmed on a road by people protesting the Dakota Access Pipeline.

"A driver of a motor vehicle who negligently causes injury or death to an individual obstructing vehicular traffic on a public road, street, or highway may not be held liable for any damages," the bill read.

It failed, 41-50, in the state Senate but turned out to be the first in a spate of similar bills.

In March, Tennessee lawmakers proposed exempting motorists from civil liability after a driver ran into safety workers at a rally protesting Trump's travel ban. That failed in a state House committee.

In April, the North Carolina House passed

a bill, 61-48, that would protect drivers from charges if they hit motorists, as long as they exhibited "due care." It was in response to a Black Lives Matter rally protesting a police shooting.

Lawmakers in Florida, Rhode Island and Texas have considered similar bills.

"This is a marked uptick in bills that would criminalize or penalize protected speech and protest, and every person should be alarmed at that trend," said Lee Rowland, an attorney with the ACLU, told ThinkProgress.

"We should also be alarmed by the attitude they betray, which is that when Americans get out into the streets and make their voices heard — recently, in record numbers — their elected representatives' response is not to listen to those concerns but to attempt to silence and criminalize them."

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A memorial in Charlottesville, Virginia, after last weekend's protests turned violent. GETTY IMAGES

BROOKLYN

Police make arrest in fatal parking space brawl

Police have made an arrest related to an argument over a parking space that turned deadly in Brooklyn on Sunday night.

Just before midnight on Saturday, witnesses said a man's car had been obstructing the path of a homeowner's driveway when the homeowner, 29, became enraged and searched for the vehicle's owner, CBS2 reported. Upon finding him, the brawl began, at which point the homeowner brought out his brother, Omri Dahan, 23, to join in.

During the chaos, someone

pulled a knife, striking the homeowner's arm and stabbing Dahan in the chest. Dahan later died from his wounds, CBS2 reported, adding that his brother was listed in stable condition.

On Monday, police made an arrest at JFK Airport in relation to the Saturday night incident, according to an article from NY1. Djem Jean-Paul, 41, was arrested at the airport as he was trying to make his way to Haiti.

Jean-Paul now faces charges of assault, manslaughter and weapons possession, NY1 added. AMY RUSSO AND JASON NUCKOLLS

White nationalists: Who are they and what do they want?

The term “white nationalist” is an umbrella term that covers members of the KKK, neo-Nazis, supporters of the alt-right and unaffiliated bigots.



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The Ku Klux Klan, neo-Nazis and men carrying Confederate flags stood side by side at a rally dubbed “Unite the Right” on Saturday in what a monitoring group called the “largest hate-gathering of its kind in decades in the United States.” Who are white nationalists and what do they believe?

The term “white nationalism” originated as code for white supremacy. White supremacists believe white people are superior to other races and should dominate society, according to Oren Segal, director of the Anti-Defamation League Center on Extremism, CNN reported.

Ask the average person on the street, and a white supremacist is defined as “a racist.”

White nationalists can include Identitarians, race realists, skinheads, neo-Nazis and members of the alt-right. Words like “alt-right” have gained traction since the 2016 election — along with a 20 percent increase in hate crimes, according to the Center for the Study of Hate & Extremism—to encompass a conservative group that endorses traditional right-leaning ideas plus white nationalism.

White nationalism is rooted in the concept of a white nation and a developed white national identity. A popular slogan is “diversity is a code word for white genocide.”

“They want to take advantage of the current political climate, which they feel is unprecedentedly welcoming to their world view,” Segal told CNN. “The outcome of the Charlottesville rally and other events this year will provide them a pretty clear idea of just how welcome their views

actually are — and will undoubtedly help shape their plans for the coming months.”

Some white supremacists advocate genocide and ethnic cleansing. Heidi Beirich, director of the Intelligence Project at the Southern Poverty Law Center, which tracks hate groups and extremists, told CNN.

“You would have to forcibly remove people,” she said. “This is cattle-cart stuff. It also shows that their plans aren’t very well thought out. They’re at best aspirational.”

“All civil rights for nonwhites would be removed,” she continued. “All political power would be in the hands of white people, white men in particular, because this movement is an extremely male and, many would say, toxically masculine movement. They also have pretty retrograde views about what women should be doing.”

She added, “If anything, their vision of America’s future looks a lot like the 1600s or perhaps earlier.”

White supremacists believe they are entitled to a place in society and are afraid their position will be usurped by a person of color.

White supremacists are often associated with an image of KKK members in white hoods, but not all white supremacists identify with an organization like the Ku Klux Klan, a 150-year-old group that includes an estimated 130 groups claiming superiority over other races while attacking people of color, those of the Jewish faith, immigrants, LGBTQ community members and Catholics.

“This lack of affiliation makes them harder to track, and also means that any groups that do emerge tend to be extremely flexible and porous,” Oren Segal, director of the Anti-Defamation League Center on Extremism, told CNN.

Segal described the so-called alt-right as millennial men who prefer khakis and collared shirts.

“There is a sense that whites are under siege

and being deliberately dispossessed by hostile elites who wish to usher in a new multicultural order,” George Hawley, a political scientist at the University of Alabama, told CNN.

“They dislike the culturally foreign im-

migrants who enter the United States and work for low wages, and they dislike the political and economic elites that invite them in. They are also hostile to the media and academia, which they contend push an anti-white message.”



White nationalists clashed with counterprotesters in Virginia on Saturday.
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Why Knee Arthritis Sufferers Of Almost All Ages Are New York Doc's Merge Best of High Tec

*Fraction of the cost, minimal risk and
Hundreds of arthritis sufferers from tri-state area calling weekly*

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possible"*

What is the "correct treatment?"

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without *Precision Arthritis Targeting* (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without *Precision Arthritis Targeting Technology* and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Choosing Newest Medical Procedures Before Surgery h Medicine And All Natural Treatments

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to find out if treatment is right for them...Often covered by insurance.

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Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time." noted the Director of Center

NY Pain MD is a state of the art medical facility offering the best technology.



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

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And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

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The plague is back in the United States — but don't freak out yet

Fleas infected with the plague were found in two Arizona counties.



Health officials in Navajo County, Arizona, confirmed fleas found among rodents in the area tested positive for the plague, a disease that wiped out over 50 percent of the European population in the 1300s.

The news comes just weeks after plague-infected fleas were found on prairie dogs in another Arizona county — and two months after the New Mexico Department of Health confirmed two human cases

of the plague.

What is the plague?

The plague — also known as the Black Plague — is caused by the bacterium *Yersinia pestis* and is typically transmitted via bites from rodent fleas. How the symptoms

show up in humans depends on how they were exposed to it, according to the Centers for Disease Control and Prevention.

Bubonic plague makes up 80 percent of plague cases and comes from infected flea bites — the bacteria multiply in the lymph nodes closest to the bite, which results in the sudden onset of fever, chills, weakness and headache. Septicemic plague also comes from flea bites, but can also occur if bubonic plague is not treated. The septicemic plague symptoms are similar to those of bubonic plague but more extreme — and can cause the skin and tissue (like toes and fingers) to turn black and die.

Pneumonic plague is the most dangerous of the three types and is the only one that can be spread from person to person. The rapid onset of pneumonia, with chest pain, cough and bloody mucous is what makes it so dangerous. It can lead to death if not treated.

The plague absolutely sounds terrifying given its past ability to kill off half of Europe, but you shouldn't worry too much if you're not

outdoors playing with dead animals on a regular basis.

"Navajo County Health Department is urging the public to take precautions to reduce their risk of exposure to this serious disease, which can be present in fleas, rodents, rabbits and predators that feed upon these animals," the Navajo County Health Department said, according to ABC News. "The disease can be transmitted to humans and other animals by the bite of an infected flea or by direct contact with an infected animal."

The majority of U.S. cases are reported in Southwestern states, with an average of seven deaths a year, according to the CDC. Between 1,000 and 2,000 cases are reported each year to the World Health Organization — mostly in Africa and Asia — with eight to 10 percent of people dying from their symptoms.

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Studio		\$1,448	1	→	1 person \$ 51,532 - \$ 60,120		\$1,615	1	→	1 person \$ 57,258 - \$ 66,800
1 bedroom		\$1,554	3	→	1 person \$ 55,234 - \$ 60,120 2 people \$ 55,234 - \$ 68,760		\$1,733	4	→	1 person \$ 61,372 - \$ 66,800 2 people \$ 61,732 - \$ 76,400
2 bedroom		N/A	N/A	→	N/A		\$2,089	1	→	2 people \$ 73,612 - \$ 76,400 3 people \$ 73,612 - \$ 85,900 4 people \$ 73,612 - \$ 95,400
Unit Size	110% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ (Minimum - Maximum) ⁴	120% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ (Minimum - Maximum) ⁴
Studio		\$1,782	1	→	1 person \$ 62,983 - \$ 73,480		\$1,949	5	→	1 person \$ 68,709 - \$ 80,160
1 bedroom		\$1,912	4	→	1 person \$ 67,509 - \$ 73,480 2 people \$ 67,509 - \$ 84,040		\$2,091	12	→	1 person \$ 73,646 - \$ 80,160 2 people \$ 73,646 - \$ 91,680
2 bedroom		\$2,304	1	→	2 people \$ 80,983 - \$ 84,040 3 people \$ 80,983 - \$ 94,490 4 people \$ 80,983 - \$ 104,940		\$2,519	2	→	2 people \$ 88,354 - \$ 91,680 3 people \$ 88,354 - \$103,080 4 people \$ 88,354 - \$114,480
3 bedroom		N/A	N/A	→	N/A		\$2,902	1	→	3 people \$102,069 - \$103,080 4 people \$102,069 - \$114,480 5 people \$102,069 - \$123,720 6 people \$102,069 - \$132,840

¹ Rent includes gas for cooking.

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: VIA 57 West c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **October 11, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **VIA 57 West c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **11 de octubre 2017**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至: **VIA 57 West c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**。信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请2017年10月11日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **VIA 57 West c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **11 октября 2017**.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **VIA 57 West c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**으로 보내주십시오. 봉투 뒷면에 "KOREAN"이라고 영어로 적어주십시오. 2017년10월11일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **VIA 57 West c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **oktòb 11, 2017**.

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظاروف يحمل اسمك وعنوانك إلى: **VIA 57 West c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. على الجهة الخلفية للمظاروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل **11 أكتوبر، 2017**.

Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer





Kenneth Frazier has drawn criticism from President Trump. GETTY IMAGES

Everything you need to know about Merck's Kenneth Frazier

The president called out the CEO on Twitter after he left a Trump advisory role.



KIMBERLY M. AQUILINA
@KimESTAqui
kimberly.aquilina@metro.us

Kenneth Frazier, the chairman and chief executive of U.S. drug maker Merck, resigned from President Donald Trump's American Manufacturing Council on Monday morning.

Frazier, who is African-American, was the first CEO to leave one of

Trump's advisory councils because of his reaction to the violence in Virginia, although the AFL-CIO said it was considering pulling its representative on the committee.

Under Armour CEO Kevin Plank announced on Monday night that he, too, was leaving the Council, CNBC reported.

In a statement, Frazier said, "As CEO of Merck and as a matter of personal conscience, I feel a responsibility to take a stand against intolerance and extremism."

Trump fired back on Twitter: "Now that Ken Frazier of Merck Pharma has resigned from President's Manufacturing Council, he will have more time to LOWER RPOFF DRUG PRICES!"

Aside from being the latest target of Trump's Twitter tantrums, who is Kenneth Frazier?

His vice president is often credited to his defense against litigation involving Vioxx, a nonsteroidal anti-inflammatory sold by Merck that turned out to be deadly, NPR reported.

In 2011, he was named CEO, becoming the first African-American to lead a major American pharmaceutical company.

"My biggest accomplishment is staying the course, I would say, at a time when investors are increasingly skeptical of pharmaceutical research and development," Merck told the Associated Press in 2013.

Frazier is from Pennsylvania. Frazier grew up in inner city Philadelphia as the son of a janitor. Although his father had limited education, Frazier called his dad "one of the most intelligent men I've met in my life," Forbes reported.

Frazier's father read two newspapers every day, and later, his three children's college textbooks.

Frazier's mother died when he was a child.

Frazier wants to find a cure for Alzheimer's. Frazier's late father suffered from Alzheimer's disease, which motivated the CEO to find a cure, he told the AP.

"My father, to me, was 10 feet tall," Frazier told the AP. "To see this disease take away his brain and to see him rendered like a child — it was devastating."

"At 85, you have a one-in-three chance of getting Alzheimer's or that form of dementia, so this is an incredible tsunami that's hitting our society given the fact that people are living longer," Frazier told Fox Business.

"We have a drug that we're actually going to get data on in the middle of 2017. It's called a BACE inhibitor. And what we know from human genetic studies is if you have lower levels of BACE, you're much less likely to have dementia," he told Fox Business. "What we need is a drug that slows down the death of the neurons, slows down the dementia process."

Frazier fired Penn State coach Joe Paterno.

As an alumnus, Frazier was picked by the Penn State Board of Trustees in 2011 to lead the committee investigating the Jerry Sandusky child sex abuse scandal, the Centre Daily Times reported.

Frazier was criticized for firing football coach Joe Paterno after the release of the Freeh Report, which included emails and other documentation suggesting that university leaders knew about Sandusky's behavior.

Frazier is the first African-American CEO of a major American pharmaceutical company. Harvard Law School graduate Frazier began working at Merck in 1992. His 2006 promotion to execu-



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One Twitter user is identifying the white nationalist marchers

Don't show up at a white supremacy rally if you aren't prepared to bear the consequences.



ERIN TIERNAN
@ErinTiernan
erin.tiernan@metro.us

at the Unite the Right protest, which drew ralliers from white supremacist and neo-Nazi groups.

This first rallier who was exposed by YesYoureRacist was fired from his job at a restaurant in Berkeley, California.

"Cole White, the first person I exposed, no longer has a job," YesYoureRacist announced via Twitter Sunday morning.

Another of the first to be identified Saturday was 20-year-old college student Peter Cvjetanovic, a student at the University of Nevada, Reno.

An image of an enraged-looking Cvjetanovic clutching a torch and screaming was an early viral image from the rallies, and Cvjetanovic told his local Reno news station that he "did not expect the photo to be shared as much as it was."

"I hope that the people



Peter Cvjetanovic, a 20-year-old college student from Reno, Nevada.
TWITTER/YESYOURERACIST

sharing the photo are willing to listen that I'm not the angry racist they see in that photo," he said.

Identifying participants of a public rally by name doesn't violate Twitter's terms of service, though publishing private information like an address or phone number would. And while free speech is guaranteed under the Constitution, private employers are well within their rights to fire you for something you've said or done either online or in the streets.

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Obama's tweet on Charlottesville is third most-liked of all time

In the absence of Trump providing a presidential voice after the Charlottesville domestic terror attack last weekend, former President Obama tweeted a message of perspective and hope:

"No one is born hating another person because of the color of his skin or his background or his religion ..." he wrote, attaching a picture of him meeting a multiracial group of children.

The tweet has become the third most-liked ever, with more 2.3 million likes, 974,000 retweets and 36,000 comments.

On Saturday, in Charlottesville, Virginia, a march and protest by groups of white nationalists and neo-Nazis descended into terrorism, when a 20-year-old man drove a car into a crowd of counterprotesters, killing one and injuring 19 others. Two Virginia state troopers who had been monitoring the event died when their



Barack Obama posted this picture on Twitter as part of his reaction to the violence in Charlottesville. [TWITTER/BARACKOBAMA](https://twitter.com/BARACKOBAMA)

helicopter crashed.

Trump was universally criticized, including by members of his own party, for his slow and equivocal condemnation of the events in Charlottesville. He at first tweeted a generic statement against "hate" and "violence" that didn't mention Charlottesville by name. In a statement delivered 48 hours after the event, he did not call out white supremacy or neo-Nazism by name, and criticized violence "on many sides." This was interpreted as implying a moral equivalence be-

tween the protesters and counterprotesters.

On Twitter and television, Republican Sens. Ben Sasse, Marco Rubio, Orrin Hatch and Cory Gardner were quick to criticize the president's failure to mention the terror groups by name.

On Monday, Trump said, "Racism is evil. And those who cause violence in its name are criminals and thugs, including the KKK, neo-Nazis, white supremacists and other hate groups that are repugnant to everything we hold dear as Americans."

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Attend an information session on September 6, 2017 from 6 to 8 p.m. Those who attend this session will qualify for a 10% noncredit tuition discount on a Career Advancement Course (*restrictions may apply; not all courses qualify for discount*). To register for the event, visit: sps.nyu.edu/ce/events04

For more information about fall course offerings and to register online, visit sps.nyu.edu/careeradvancement17 or call **212-998-7150**.

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Finding scholarships is still an option.

financial aid office can do to help."

4. Find scholarships

Look for scholarships with deadlines that haven't passed, or ask the financial aid office if your school has scholarships that haven't yet been awarded. Occasionally, a scholarship will remain open because an applicant has yet to meet the criteria, Heller says. You can find scholarships and deadlines at the U.S. Department of Labor's CareerOneStop scholarship finder.

5. Consider private student loans

Federal subsidized and unsubsidized student loans come with borrower protections and income-driven repayment options that private loans don't offer, so the federal options should be exhausted first.

Private loans usually require a co-signer and typically carry higher interest rates than federal subsidized loans, but the private-loan option may be necessary to close a funding gap. You can borrow private loans from banks, credit unions and online lenders. College admissions experts advise to borrow no more in student loans over the course of getting your degree than you anticipate making in your first year's salary.

6. Plan long-term options

If you're still left with a money gap after trying other options, consider deferring your start date for a term or a year to maximize your financial aid. To decide if this will help your financial situation, find out what you may have been eligible for had you submitted a FAFSA on time.

"Ask 'What would my aid package look like if I did this earlier?' and 'Would it be possible for me to do that for next year?'" says Karen McCarthy, director of policy analysis for the National Association of Student Financial Aid Administrators in Washington, D.C.

But those who work in college admissions say you also need to think beyond last-minute funding and consider whether your school is affordable in the long run.

"Financial aid are presented as one-year deals, so students tend to think of them as one-year problems," says Bart Grachan, interim associate dean for progress and completion at LaGuardia Community College in Queens, New York. "So if they have cobbled all kinds of resources — 'I have this emergency funding, this local scholarship, grandma kicked in \$2,000' — they need to multiply out the next four years and ask themselves, is that sustainable?" ANNA

HELHOSKI

the student, they have the deposit, they're holding a dorm for them, so they have a huge incentive to work things out for the student," says Donald Heller, provost and vice president of academic affairs at the University of San Francisco.

Confusion around borrowing money and questions about how to finance a degree can scare people off, says Ofelia Morales, director of financial aid at the University of Colorado, Boulder.

"Why not come to the people who understand it and can help guide you?"

she says.

2. Submit a student-aid application

If you haven't already, fill out and submit the Free Application for Federal Student Aid, or FAFSA, which is used by the federal government, states and schools to determine what kind of aid might be available to you.

Since you're submitting it close to the start of the fall classes, you may have missed out on certain grants, scholarships or need-based aid,

but federal loan options are still available. The student aid award letter you receive from filing the FAFSA will detail what federal loans you may qualify for. The sooner you apply, the better the chances that you'll receive any aid that's on the table. Let your school's financial aid office know that you have submitted the FAFSA and keep in touch once your award letter arrives.

3. Appeal your financial aid offer

If your family's finances have taken a hit since you received a financial aid award, let your school know, since you could be eligible for more aid.

"They should be honest," says Lisa Sohmer, an independent college consultant in Los Angeles. "They should say, this is what happened — 'my mother left her job' or 'the family relocated' or 'my sibling had a health crisis' — or whatever it is that caused the sudden inability to pay the bill. Find out if there's anything the



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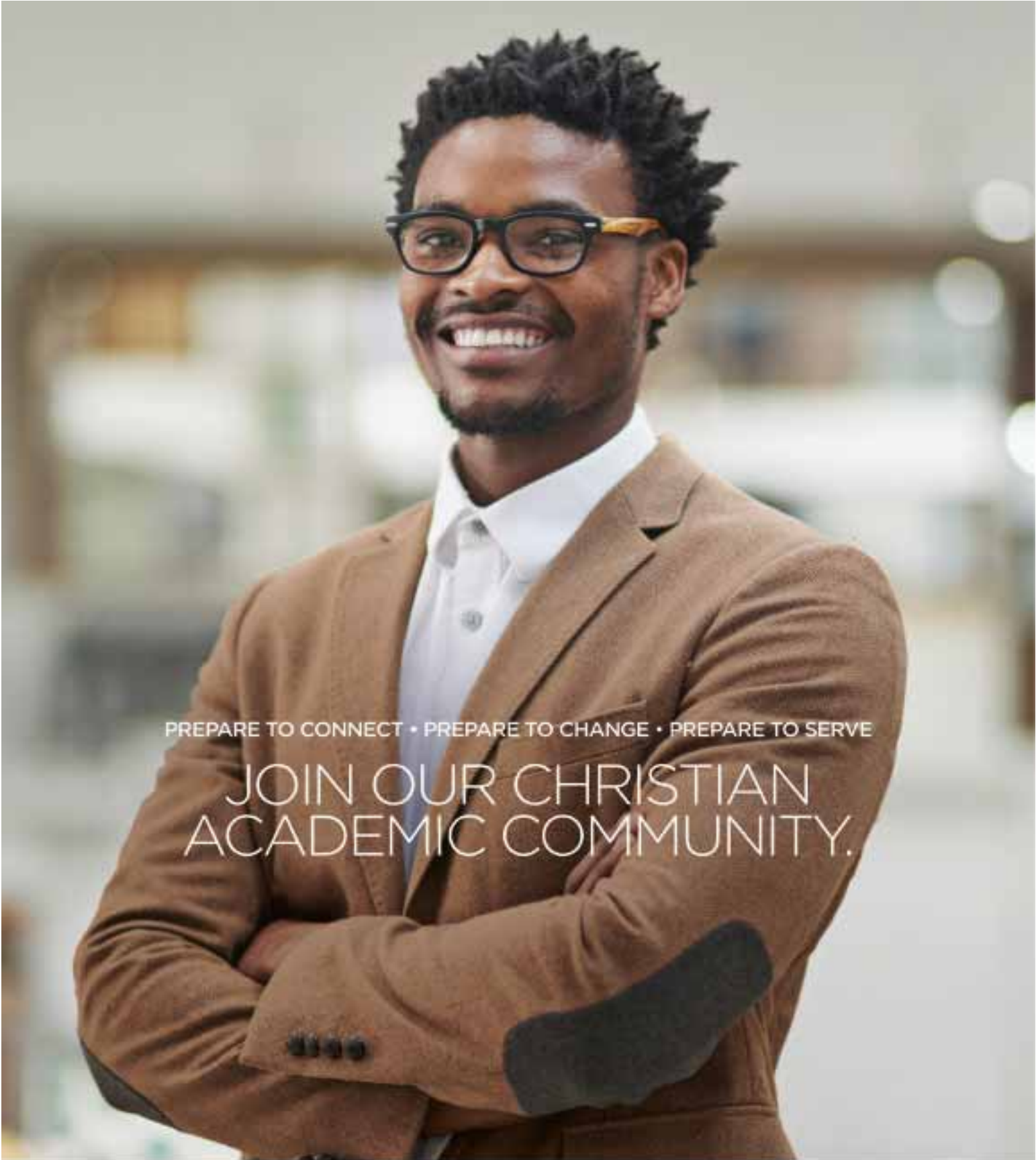
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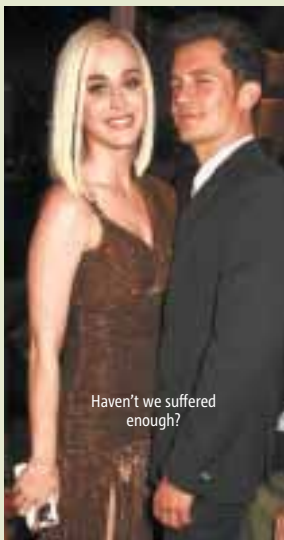


Katy & Orlando might be back on

My 14th greatest fear may have been realized: Katy Perry and Orlando Bloom may be back to entertaining each other's public and private parts. Oh dear.

Perry and Bloom were spotted at an Ed Sheeran concert — of course — in Los Angeles over the weekend. And they were, ahem, "getting cozy."

Sure, they showed up wearing jackets and baseball caps, but the crowd noticed them anyway. Perhaps because the stench of their com-



Haven't we suffered enough?

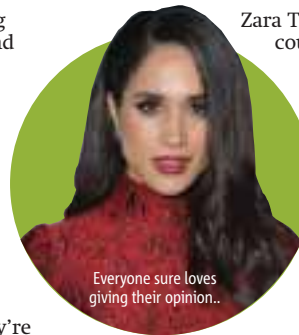
bined thirstiness was enough to overwhelm everyone in a five-foot radius.

An eyewitness says they even touched each other — with their arms! "Orlando put his arm around Katy's waist several times, and at one point, she sat on his lap." OK, sure!

It just feels like these two together is something that nobody wants. Like, even they barely want it, you know?

Meghan Markle gets another dude's approval

Were you wondering how Prince Harry and Meghan Markle are doing? Well, they're just fine. I mean, I'm assuming. I haven't heard anything that would prove otherwise. Besides, Mike Tindall is making news for giving his approval of the pair, so who even cares what they're up to? There's a



Everyone sure loves giving their opinion...

Zara Tindall, Prince Harry's cousin. And he told the Sunday People that he thinks the "Suits" star will be a great fit for the royal family.

"She has been under enough scrutiny and pressure in her day-to-day life, so I'm sure she will get through it. She will be fine." Thanks, Mike!

His tacit approval comes on the heels of rumors that Markle and the Hot Ginger Prince got engaged during a romantic Botswana safari. Because there's nothing more touching than the small of rhino poop in the air.

man out here begging for publicity, so let's give it to him. Tindall is the husband of

Leonardo DiCaprio will become Leonardo da Vinci

Surely the only reason Leonardo DiCaprio — a dude who kind of used to be hot, I think? — thinks he's capable of playing Leonardo da Vinci is because they have the same first name. And also because he thinks he's Dumbledore's gift to film, but whatever.

That's right.



It's for art! ALL PHOTOS GETTY IMAGES

DiCaprio — the dude who whined his way into an Oscar — will star as da Vinci in a biopic about the famed painter and scientist.

Some outlets are going with the whole, "a role he was born to play!" thing. Just because according to "family legend," which, sure, DiCaprio got his name after this mother felt her unborn son kicking while she was looking at a da Vinci painting. Um, OK!

So there you have it. Is it too early to start placing bets on whether or not DiCaprio will complain his way into an Oscar this time, too?

the word

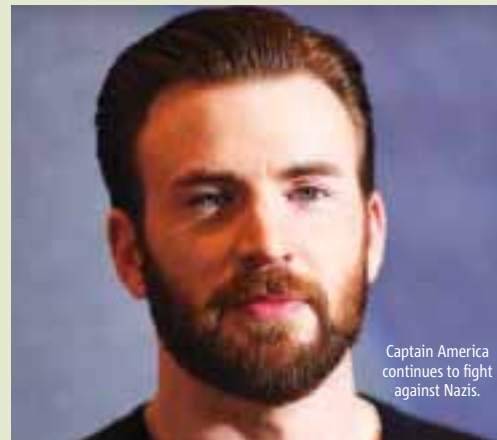
RACHAEL VAUGHAN CLEMMONS
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Chris Evans blasts Trump over Charlottesville

Chris Evans was one of several critics who bashed President Donald Trump for his response to the deadly attack in Charlottesville over the weekend.

The Marvel movie star once again took to his Twitter account to slam the commander-in-chief, this time for saying that there has been violence on "many sides," but failing to condemn white supremacy or Nazism by name. Evans went so far as to say that words aren't strong enough to show just how much he dislikes Trump.

The actor, however, did praise Virginia Gov. Terry McAuliffe for his reaction to Saturday's events and for denounc-



Captain America continues to fight against Nazis.

ing all the hate.

The 36-year-old Massachusetts native went on a serious tweetstorm over the weekend, retweeting several messages that condemned the hateful gathering as well as the president's response to what hap-

pened. Evans seemed to agree with what stars like LeBron James, Patton Oswalt and Kumail Nanjiani had to say about the situation.

Leave it to Captain America and his pals to continue the fight against Nazis. **MATT JUUL**

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Burning questions from this week's 'Game of Thrones'



RACHAEL VAUGHAN CLEMMONS
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A lot of things went down on "Eastwatch," Sunday's episode of "Game of Thrones." We may be nearing the end of season seven, but the series remains committed to bringing young, hot Brits to our television screens. Looking at you, Hot Gendry!

Still, the fifth episode of this short season didn't give us all the answers. Here are five burning questions we have after watching "Eastwatch."

Will Littlefinger's creepiness ever have a point?
Petyr Baelish, who spells his name wrong, has

been very creepy since the very beginning of "Game of Thrones." He's been lurking in corners and whispering in people's ears — all the classic villain moves.

In "Eastwatch," Littlefinger did a lot of shadow lurking. But according to showrunner D.B. Weiss, it's all because he's trying to prevent Sansa and Arya from gettin' that sisterly bond. Because we all know that would be horrible for Littlefinger's brand. "He's looking for a way to prevent this sister bond from developing further because the tighter that bond is, the more definitively he is caught on the outside of it." That's great and all, but I can't wait for things to come to a head. It's been far too

long.

Is Cersei really pregnant?

Cersei is at her most manipulative right now. And in this writer's very humble opinion, there's no way she's actually pregnant. She's just taking advantage of Jaime's sense of loss — I mean, all three of their children are dead — to ensure his loyalty. Cersei is trying to take over all of Westeros and maybe burn it to the ground; she doesn't have time for pregnancy.

Also, let's be honest: She probably shouldn't have any more kids. They have a tendency to die horribly.

Is the series setting up a love triangle between Dany, Jon and Jorah?



Gendry made a beautiful, wonderful return in Sunday's episode, "Eastwatch." HBO

There were a lot of meaningful glances exchanged between Dany and Jon, Dany and Jorah, and Jorah and Jon. Jon looked at Dany and Jorah with sad sploosh eyes when they reunited and embraced, and his lips didn't move, but we all know Lord Snow was just like, "Da f—k is this dude?"

Jorah is still very clearly in love with Dany. And Jon has noticed. He's also noticed that Dany is fond of Jorah. Where will this

unconsummated love story go? And will it go anywhere in the next two episodes? Probably not, but a girl can dream.

What's going to happen north of the Wall?

That's the biggest question here. "Game of Thrones" did all the work to put together this ragtag group of misfits — did you ever imagine the Hound, Jon Snow and Jorah in a room together? — and next week's episode will

be the payoff. A bunch of people are totally going to die trying to bring a wight to King's Landing, right?

Finally, will anyone ever listen to Gilly?

Poor mouth-breathing Gilly. Over here reading a book that has the truth about Rhaegar and Lyanna, and Sam won't even listen because he's mans-complaining about the damn Citadel. I mean, I know I will never take her seriously, but won't anyone else?

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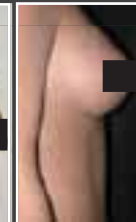
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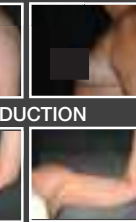
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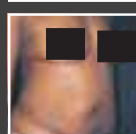
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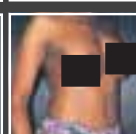
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James Marsters explains why 'Buffy' is this generation's 'Star Trek'

The actor talks 20 years of the hit series.

HENRY JANI
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Since 2017 marks the 20th anniversary of the legendary television drama "Buffy the Vampire Slayer," we decided to head back to the world of Sunnydale, demons and a whole lot of '90s denim looks with actor James Marsters.

Here's what the actor had to say about the show turning 20 and joining Marvel's new Hulu show.

Why has the show

remained so iconic? Whatever your job is, you hope to do something that matters and lasts. Being a "Star Trek" fan, I was on the set of "Buffy" telling the cast we could be the new "Star Trek." I was aware that in a science fiction or fantasy series, if you can create a world that is interesting to the audience, even after they've memorized the dialogue and they know how the plot plays out - if that's still a world they want to come back to, they will keep coming back. As I was watching "Buffy," I noticed there's this sparkle or interest-iness. I used to say that if you can find some

way to make something interesting, terrifying or funny to happen every 30 seconds, then you have a successful television series. If you can do it every 15 seconds you've got a hit, and if you can do it every four seconds you've really got something going on. And I was noticing that "Buffy" was doing it every four seconds, like clockwork. And if we become the new "Star Trek," then I claim Spock.

What's Spike up to these days?

I would hope after 20 years he would have figured out what to do with his soul. I think he was on the slow road to



James Marsters talks celebrating 20 years of "Buffy." GETTY IMAGES

redemption when we left off with "Buffy" on the show. He was certainly enjoying being a jerk to his old friend Angel, but hopefully he's grown past his competition with him. And mostly, I wish he has become the kind of vampire that would deserve Buffy. I think the ultimate pairing on the show was Buffy and Spike, as it obviously cannot happen with Angel since he becomes soulless

every time they couple. But I also don't think he was ready for her yet, he had a lot of learning to do. I think getting the soul was just the first step to that.

What can you tell us about your role in Marvel's "Runaways" series? The comic book is a very interesting examination of teenagers waking up to find their parents are not perfect. In fact, in many

ways they're evil. Everyone has been there, and it's made me look around my life and wonder in what ways am I evil. In what ways will my kids look at my behavior and come to the conclusion that I'm not very good. Depressingly, there are things that I come up with. I am a part of a generation that is leaving them with a troubled world. Sadly, I can't say much more than that.

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Celebrate summer the Mediterranean way with a beach party at West Village hotspot Gardénia.



EVA KIS
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With your chances to get to the beach this year quickly running out, a West Village restaurant is bringing it to you.

For one night only on Aug. 15, Mediterranean-Latin fusion spot Gardénia (64 Downing St.) is turning into the eatery of your seaside-vacation dreams — complete with a beachwear-only dress code.

That means if you want to get in on some pomegranate guacamole and tuna-steak tacos, gents must sport either swim trunks or Speedos (hey, this is a European restaurant) and one-piece swimsuits or bikinis for the ladies.

Diners will exchange



Gardénia is turning up its beach vibes for a beach party in the heart of the city. PROVIDED

their shoes for flip-flops at the door (yours to keep) to enter into the restaurant, whose beach vibes were already coming on strong with Moroccan tiles and Marley wooden chairs. They're turning it up for the event with beach umbrellas, sand from the Mediterranean, deck chairs and even a wading pool to cool off in.

It's all in celebration of Ferragosto, a time in mid-August (or just the entire month) when Europeans leave their of-

fices for a long couple of weeks at the beach — as any civilized person once the dog days of summer set in. How have we imported all the glorious Italian pastas, wines and sauces, but not this practice?

Tickets to the all-night party, which kicks off at 4 p.m., are just \$5 and include a welcome watermelon cocktail. Happy hour lasts until closing (10:30 p.m.), and you can order a la carte from a special menu inspired by the Italian coast.

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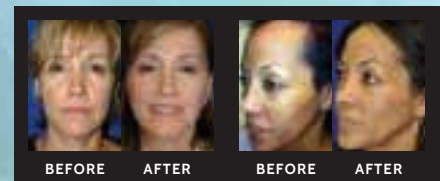
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Essential oils for wellness

wellbeing

For National Relaxation Day, the founder of The NY Institute of Aromatherapy tells us how herbal and plant extracts can help us chill out.



KATE MOONEY
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We can all agree tensions are pretty high right now. There's plenty to stress out about on a global level, on top of our personal anxieties, which we all have on account of being human.

While we're mostly all trying to live a healthy lifestyle — get enough sleep, exercise, eat right — we can use all the extra help we can get. Aromatherapy, while no substitute for care from a mental health or medical professional, can be a nice self-care boost to help you get a good night's sleep, relieve your anxiety and refocus your energy.

"You can't put all your emphasis on peppermint to cure everything if you're also drinking a six-pack and sitting in front of the TV all day," explains Amy Galper, founder of the NY Institute of Aromatherapy. "Aromatherapy and using

essential oils for healing is considered a complementary alternative-care modality."

The certified aromatherapist talks us through how to get started with essential oils, which extracts are best suited to which ailments and how we can make our own DIY blends.

How to use essential oils

Galper defines essential oils as "highly concentrated aromatic extracts that are steam distilled from plants." You can apply the extractions topically — through body-care products such as sugar scrubs, hand cleanser, lip balms, or through a blend diluted with oil or water. (Directly applying oils to the skin can cause irritation). Inhaling their scent is another way. Add a few drops into what's called a nebulizing diffuser, which will vaporize the liquid and fill your home with a pleasing aroma.

Essential oils for relaxation

Galper recommends a blend of lavender, red



The NY Institute of Aromatherapy teaches classes on how to create essential oil blends to target different wellness needs. PROVIDED



Studies have shown lavender oil can lower blood pressure, relieve anxiety and work as a sleep aid. PROVIDED

mandarin and frankincense essential oils (or any of those on their own). Apply directly onto the skin, or add a few drops to a diffuser. Study shows lavender oil can lower blood pressure.

For a good night's sleep, try chamomile,

lavender and clary sage. Lush Sleepy Body Lotion, which insomniacs swear by, incorporates lavender oil into its formula. A study from Wesleyan University found that olfactory exposure to the lavender can lead to deep sleep.

For energy

Say it's late afternoon and you want to refocus your thoughts and power through the rest of the day. Rosemary, eucalyptus and fennel are all good for clearing the mind and improving circulation, Galper says. Juniper berry, pine needle, cypress oil with lemon can also aid in

alertness.

For aches and pains

If you're feeling stiff or experiencing muscle or joint pains, Galper suggests a mix of peppermint, lavender and marjoram, which you can rub directly onto the trouble areas.

DIY essential-oil blends

At NYIOA, you can take classes on how to make your own formulations, or even become a certified aromatherapist through its training program.

But if you want to get started at home, mixing your own spray bottle is an easy first step. Pur-

chase a small spray bottle at Duane Reade and fill it with an essential-oil blend that you can use as a refreshing mist for your face and body, or to spray in your home. Here's how you do it: For every one ounce of (distilled) water, add 12 drops of essential oil, and shake well, says Galper.

Make sure you're repurchasing essential oils at an apothecary or a natural foods store, Galper cautions, so you can be sure they're coming from a plant and not adulterated with synthetic fragrances, which could lead to allergic reactions.

If you're pregnant or breastfeeding, consult with your doctor before using essential oils.

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THE NFL GOT IT RIGHT WITH ELLIOTT SUSPENSION

**MARC
MALUSIS**

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.
@marcmalusis



Cowboys running back Ezekiel Elliott was suspended six games by Commissioner Roger Goodell and the NFL for violating the personal conduct policy based on domestic violence. The 22-year-old Elliott plans to appeal the six-game suspension, but if it stands and holds, he will miss six games including the season opener against the Giants.

It amazes me that people were upset at the timing of the suspension and why the NFL investigation took over a year after the alleged incident took place the week of July 16, 2016, in Columbus, Ohio. So now you are upset that the NFL did its due diligence and crossed

the T's and dotted the I's before handing out their suspension?

Are you upset that Cowboys owner Jerry Jones said "there is just nothing" and "the domestic violence is not an issue?" Well you should be because he was spinning a tale that was just not true, according to the NFL. It certainly does not paint the Cowboys owner in the kindest light. Maybe Jones should focus on holding Elliott accountable for his actions instead of telling everyone that there was nothing to see here. Instead of enabling Elliott, it is time to treat him like a grown man and hold him accountable.

Are you upset that it was a six-game suspension for Elliott? Why was the NFL so harsh to Elliott? Are you going to bring up the examples of Josh Brown, Ray Rice and other missteps by the National Football League in the past? So Commissioner Goodell is damned if he does and damned if he doesn't. Maybe, just maybe, the NFL has learned from all of its mistakes in the past and finally ran a proper investigation and handed out the proper punishment. Is it too difficult to believe that the NFL has learned from its past errors in punishment? Plus, unless you were part of the investigation, you have no idea what the



Ezekiel Elliott is expected to file his official appeal of the six-game suspension to the NFL sometime on Tuesday. GETTY IMAGES

evidence is that the NFL has in order to render its decision.

And when the NFL and four advisers, which included an NFL Hall of Famer and a former attorney general of New Jersey, went through all the testimony and the evidence, they were "of the view that there is substantial and persuasive evidence

supporting a finding that Elliott engaged in physical violence" multiple times in July 2016. Plus, let's remember the burden of proof for the NFL is much different than that of law enforcement. Just because charges were never filed against Elliott in Columbus, Ohio, does not mean he did not do anything wrong.



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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by a research grant from the National Institute of Health.



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Rhett Ellison is likely to be one of New York's top two tight ends in 2017. GETTY IMAGES

Ellison acclimating to NYC life with baby on way

Big Blue's new tight end Rhett Ellison has a lot on his plate ahead of the 2017 NFL season.



KRISTIAN DYER
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sports@metro.us

Not only does New York Giants tight end Rhett Ellison have to settle into a new team and a new offense, there's a whole lot of off-the-field changes that he needs to worry about. The former Minnesota Vikings tight end is acclimating to his new life in the tri-state area and all the changes that come with it.

Including finding a good gynecologist.

That's not a joke.

As if a new city and a different offense weren't enough, Ellison and his wife are expecting their first child this year. That can make things tricky, especially when you're moving time zones and from the Midwest to the East Coast and now have to make plans for the most important thing that will happen in their marriage to this point.

All this while learning an offense and adjusting to your new role.

"My wife and I are ex-

Giants TE depth chart

TE1 Evan Engram

TE2 Rhett Ellison

TE3 Will Tye

Battling for spots Jerrell Adams, Matt LaCrosse, Colin Thompson

pecting our first baby, so that was No. 1. We had to get a new OBGYN and figure out where we're going to have this baby," Ellison said. "Then, it's like, 'Where are we going to live? What are we going to do with our living situation in Minnesota?' And then it gets to the playbook, and that's where we are at right now. So there are adjustments in every aspect of your life when you change teams."

Ellison came to the Giants with a reputation as a very good blocking tight end, a player who understands his assignments and technically does well. But he isn't known as a real threat on offense in the truest sense.

That is, not until this summer where he's shown flashes of being a reliable outlet in the pass-

ing game.

Before coming to the Giants, his best year came in 2014 when he had 19 catches for 208 yards and a touchdown. But his performance this year including his work at fullback has earned him a nod at the top of the depth chart at tight end, showcasing a part of his game that perhaps was under-utilized during his five years with the Vikings.

"It's early right now; it's training camp. Tight ends are very situation-specific when it comes to who's out there and what play it is and stuff like that," Ellison said. But it is exciting."

During his five NFL seasons, all in Minnesota, Ellison has 51 receptions for 515 yards and three touchdowns.

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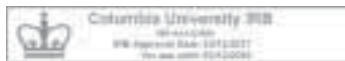
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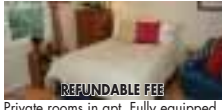
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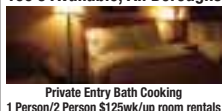
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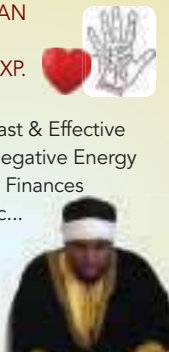
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Across

- 1 Talks on and on
5 A vital sign
10 Loafer
14 Throw off heat
15 Solemn assents
16 Cut it out
17 Proficient
18 Mubarak predecessor
19 Bear, to Brutus
20 Sweethearts
22 Thrift shop transactions
24 Tell a fib
25 Kayak user
26 Marvelous
30 One kind of flight
34 "Exodus" name
35 Pilot's sighting
36 Auburn tint
37 Wheel covers
40 Showing the way
42 Brainstorms
43 Blyth or Landers
44 Take a gander
45 Round starters
46 Indistinct speakers
49 Like some canoes
52 Conquistador's quest
53 Salad garnish
56 Diviner
60 Briefcase closer
61 Steel rod
64 Common amphibian

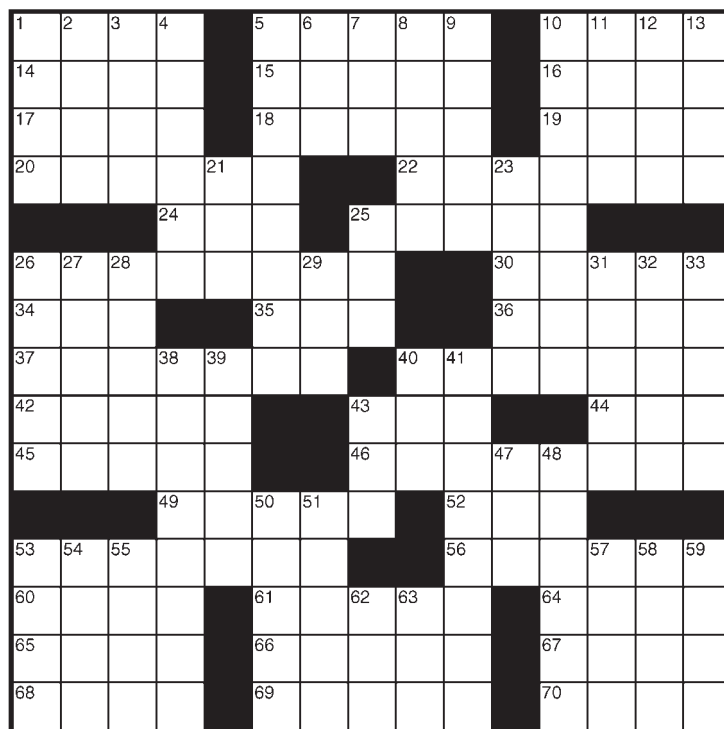
- 65 Resound
66 Neutral tone
67 Bee colony
68 No-hitter king
69 Augmented
70 Verve

Down

- 1 OK
2 Lactern
3 Brick oven
4 Addison's partner
5 Chose not to participate (2 wds.)
6 Ms. Thurman
7 Showed the way
8 Canine warning
9 Helena rival
10 Hunkered down
11 Cast
12 River into the Seine
13 LAX guesses

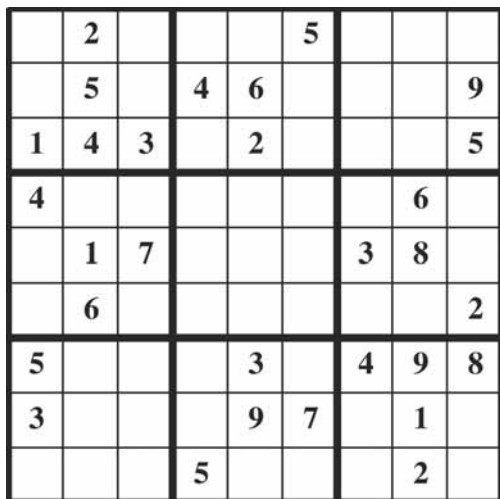
- 21 Female principle
23 Raw-fish delicacy
25 Turmoil
26 Sir, in India
27 Goody-goody
28 Malicious gossip
29 No --, ands or buts
31 Licorice flavoring
32 Hidden
33 Hits the ceiling
38 Ask a favor of (2 wds.)
39 Real estate
40 Large antelope
41 Not tied down
43 Poet -- Lowell
47 "It's freezing!"
48 Abhor
50 Main artery
51 Make bread
53 Sonny's ex
54 Suggestive
55 Labor Dept. division
57 Wind into loops
58 Fluid rock
59 Paradise
62 Frost victim
63 It has long arms

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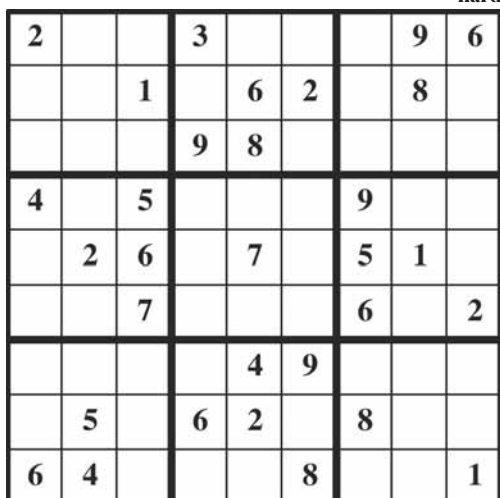


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Ask questions if you feel you aren't getting all the information required to assess a personal situation. Your relationship with others must be built on truth and equality.



Taurus You'll be given information that isn't accurate. Before taking action, find out exactly who did what. It's better to have your facts straight and to act appropriately.



Gemini Problems at home must not affect your ability to take care of responsibilities. Keep busy plugging away at what needs to be done if you want to avoid discord.



Cancer It's OK to be selfish once in a while. Refuse to let someone take advantage of you. Concentrate on what you enjoy doing and on the ones you love.



Leo Stay on top of your responsibilities. Don't be afraid to do things differently. Having an innovative approach will capture interest from someone in a key position.



Virgo You'll be at odds when it comes to emotional confrontations. Arguing will not solve a dilemma, but listening and showing consideration for others will.



Libra Ease into any decision or commitment. Consider the best way to excel professionally or personally without feeling beholden to anyone.



Scorpio Lending or borrowing will lead to trouble. A possessive attitude is not conducive to exploring discovery. Choose to use intelligence over force.



Sagittarius Be careful from where you get your information. Someone will use emotional tactics to confuse you. If uncertainty sets in, go back to the beginning.



Capricorn Live and learn. An emotional experience will lead to uncertainty and confusion about the best way to move forward. Time is on your side. Don't act in haste.



Aquarius Concentrate on your home, loved ones and what you can do to make your life better. Don't let disillusionment or emotional confusion take charge.



Pisces Share your intentions. Find out the facts if you are suspicious or confused about a certain relationship. Physical changes are encouraged. **EUGENIA LAST**



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